

COUNSELING RESOURCES IN OUR COMMUNITY

White Bear Lake Community Counseling Center

1280 Birch Lake Blvd N
White Bear Lake, MN 55110
Ph#651-429-8544 Fax#651-407-5301
www.ci.white-bear-
lake.mn.us/ccc/ccc.htm

Center for Human Development

Parkway Office Building
4505 White Bear Pkwy, Suite 1800
White Bear Lake, MN 55110
Ph#651-426-8191
www.chdtherapy.com

Northwest Youth & Family Services

3490 Lexington Ave N, Suite 205
Shoreview, MN 55126
Ph#651-486-3808 Fax#651-486-3858
www.nyfs.org

Face to Face Health and Counseling Services

1165 Arcade St.
St Paul, MN 55106
Ph#651-772-5555 Fax#651-772-5566
www.face2face.org

Allina Mental Health - St Paul Clinic

Fort Road Medical Building, Suite 100
360 Sherman St
St Paul, MN 55102
Ph#651-241-5959 Fax#651-241-5958
www.allina.com

HealthPartners Regions Behavioral Health - Maplewood

2345 Ariel St N
Maplewood, MN 55109
Ph#651-254-4793
www.healthpartners.com

HealthPartners Regions Behavioral Health - Stillwater

6150 Oren Ave N
Stillwater, MN 55082
Ph#651-430-1868
www.healthpartners.com

Canvas Health (formerly known as Human Services, Inc.)

Locations in Oakdale and Stillwater
Oakdale:
7066 Stillwater Blvd. North
651-777-5222
Stillwater:
375 East Orleans
651-777-5222
www.canvashealth.org

Maplewood Psychological Associates PLLC

2480 White Bear Ave
Maplewood, MN 55109
Ph#651-770-1311
maplewoodpsychology.com

United Behavioral Health Services Clinic

233 Smith Ave N
St Paul, MN 55102
Ph#651-241-8527

**You may need to contact your family
doctor/insurance company for a referral.*

**Check to see if your employer provides
an Employee Assistance Program.*

COUNSELING RESOURCES BY CATEGORY:

Abuse

Ramsey County Child Protection (651) 266-4500
Washington County Child Protection (651) 430-6457
Prevent Child Abuse Minnesota (651) 523-0099

Alcohol/Chemical Dependency

AA (24 Hours) (651) 227-5502
Adolescent Chemical Assessment (free)
 Human Services, Inc. Washington Co. (651) 777-5222
 Ramsey Co. Chem. Health Assessment (651) 266-4008
Al-Anon/Alateen Information Center (651) 771-2208
Regions Alcohol/Drug Abuse Program (651) 254-4804
Detoxification-Ramsey County (651) 266-4009
Narcotics Anonymous (952) 939-3939

Assault

Battered Women Crisis Line (651) 646-0994
Face to Face (651) 772-5555
Sexual Offense Services-Ramsey Co (651) 643-3006
Sexual Assault/Rape Hotline Wash. Co. (651) 777-1117
Women's Advocates-Domestic Abuse (651) 227-8284

Crisis Intervention

Crisis Connection (24 Hours) (612) 379-6363
Emergency Social Services(food/shelter) (651) 291-6795
Crisis Unit-Ramsey County (651) 266-7900

Mental Health

Mental Health Crisis Line-Wash Co. (651) 777-4455
Mental Health Center-Ramsey Co. (651) 266-7999
Regions/Suicide Intervention (651) 254-9200

Pregnancy/Family Planning

Birthright of St. Paul (651) 646-7033
Children's Home Society (651) 646-6393
Planned Parenthood (651) 698-2401
Women's Life Care Center (651) 777-0350

Runaway

The Bridge (Minneapolis) (612) 377-8800
Mobile Crisis Team for Runaways (651) 771-0076

Suicide Prevention

Lovelines Crisis Center (612) 379-1199
Hennepin County Suicide Hotline (612) 873-2222